

Food Plan for Cleansing & Healing

Modified Elimination Diet

Low allergy, Low lactose, Gluten free

From the office of: Rick Schlüssel, D.C. 530-889-0388

ELIMINATE THESE FOODS	EAT THESE FOODS																						
<p>Dairy Products</p> <ul style="list-style-type: none">• Milk, Cheese, Yogurt, Ice Cream, etc. <p>Meats</p> <ul style="list-style-type: none">• Beef• Pork (including Bacon)• Veal• Sausage, hot dogs luncheon meats <p>Any food that contains gluten* (Read Labels)</p> <table><tr><td>Wheat</td><td>Rye</td></tr><tr><td>Spelt</td><td>Barley</td></tr><tr><td>Kamut</td><td>Amaranth</td></tr><tr><td>Oats</td><td>Malt</td></tr></table> <p>Common Allergic Foods* (Read labels)</p> <table><tr><td>Eggs</td><td>Corn*</td></tr><tr><td>Soy</td><td>Chocolate</td></tr><tr><td>Nuts</td><td>Citrus fruits</td></tr><tr><td>Tomato</td><td>Potato</td></tr></table> <p>Any foods that contain (Read Labels)</p> <ul style="list-style-type: none">• Sugar, Sweeteners (ex. Corn Syrup) Food Coloring, Additives or Preservatives <p>Alcohol containing products*</p> <ul style="list-style-type: none">• Beer, Wine, Liquor• Over the counter medications (read labels) <p>Caffeine containing beverages*</p> <ul style="list-style-type: none">• Coffee and Tea (including Decaf Coffee)• Soda OTC Medications <p>Avoid any foods you know you are allergic or intolerant so.</p>	Wheat	Rye	Spelt	Barley	Kamut	Amaranth	Oats	Malt	Eggs	Corn*	Soy	Chocolate	Nuts	Citrus fruits	Tomato	Potato	<p>Water: At least 64 ounces per day. Purified or filtered is best.</p> <p>Meats</p> <ul style="list-style-type: none">• Chicken• Turkey• Lamb <p>Cold water fish</p> <ul style="list-style-type: none">• Salmon• Mackerel• Halibut• Cod <p>Foods that DO NOT contain gluten</p> <table><tr><td>Rice</td><td>Gluten-free flour</td></tr><tr><td>Buckwheat</td><td>Tapioca</td></tr><tr><td>Quinoa</td><td>Arrowroot</td></tr></table> <p>Vegetables Fruit (except citrus) Rice Milk Beans and Peas Herbal Teas</p> <p>Notes</p> <ul style="list-style-type: none">• Select from free range and organic sources whenever possible• Chew each bite until it is liquefied or about 20 chews.	Rice	Gluten-free flour	Buckwheat	Tapioca	Quinoa	Arrowroot
Wheat	Rye																						
Spelt	Barley																						
Kamut	Amaranth																						
Oats	Malt																						
Eggs	Corn*																						
Soy	Chocolate																						
Nuts	Citrus fruits																						
Tomato	Potato																						
Rice	Gluten-free flour																						
Buckwheat	Tapioca																						
Quinoa	Arrowroot																						

1. Gluten: This may be the most difficult part of the diet, but also the most important. Gluten is contained in many common foods such as bread, crackers, pasta, cereals and products that contain flour made from these grains. Read labels for grains and added gluten.
2. Read labels carefully because over the counter medication may contain alcohol and/or caffeine.
3. Read labels carefully as corn can be in many prepared and packaged foods. (ex. Corn Syrup, etc.).

AFTER YOU HAVE FINISHED THE PROGRAM

If you choose to transition back to a diet containing the foods you used to eat (many people stay on this plan because they feel so good), this would be a good time for you to carefully consider what you are eating and why. Take this time to choose which eating habits you truly want to establish, knowing that many of today's health problems are due to food allergies and overeating.

Follow these rules as you begin expanding your diet and you will learn a lot about how foods affect your emotional and physical health. This knowledge will be a powerful tool in giving you more control over your daily eating and food choices, improving and maintaining your health, diagnosing and treating yourself, and preventing future illness and dis-ease.

- Add one new food each day. (This way you can see how that food affects you.)
- Carefully record what you eat, what you were feeling when you ate, and how you feel after eating for the rest of that day and the next day. Include all bodily sensations (pain, bloating, etc.), emotional states (angry, sad, irritable, etc.), energy ups and downs, fatigue, and sleep quality and quantity.
- Only eat when you are hungry. Each time you reach for food or another bite, ask yourself, "Am I hungry right now?" and "What is my mood right now?" This will show you how often you eat for reasons other than hunger.
- Use all five senses when you eat, chew lots and enjoy!

From the office of:
Rick Schlusel, D.C. 530-889-0388